





Sue Mazrolle, MSRD, LDN


Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Sue Mazrolle can help you and your family, contact her directly at:
SueMazrolle@gmail.com
(413) 531-3490

 **Store Tour**

 **Event Table**

 **Cooking Demo**

 **Support Group**

Nutrition Events at Big Y®

Sue Mazrolle is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

WESTERN MASSACHUSETTS SCHEDULE

APRIL 2018

April 3

Gluten-Free Support Group

6:00 – 7:00 PM

**West Springfield Big Y
503 Memorial Avenue**

Come join the only support group meeting from the National Celiac Association in Western Mass for open conversation and sampling of gluten-free snacks.



April 9

Meet & Greet: Ask the Dietitian

12:00 – 1:00 PM

**Springfield Big Y
300 Cooley Street**

Have your nutrition questions answered by an expert for FREE. From diabetes to food allergies, we have you covered.



April 9

Meet & Greet: Ask the Dietitian

2:30 – 3:30 PM

**Springfield Big Y
300 Cooley Street**

Have your nutrition questions answered by an expert for FREE. From diabetes to food allergies, we have you covered.



April 16

Mushroom Magic

4:00 – 6:00 PM

**Longmeadow Big Y
802 Williams Street**

Learn how to add savory flavors and magically transform recipes into more nutritious dishes by using *The Blend*.



April 17

Allergy Awareness

12:00 – 2:00 PM

**Wilbraham Big Y
2035 Boston Road**

Eating with a food allergy doesn't have to be boring. Come taste delicious snacks made specifically for those with food allergies.



April 19

Allergy Awareness

12:00 – 2:00 PM

**Northampton Big Y
136 North King Street**

Eating with a food allergy doesn't have to be boring. Come taste delicious snacks made specifically for those with food allergies.



April 19

Living with Diabetes

5:30 – 6:30 PM

**Springfield Big Y
300 Cooley Street**

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.



April 21

Heart-Healthy Eating

10:00 – 11:30 AM

**West Springfield Big Y
503 Memorial Avenue**

Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



April 23

Cardio Kitchen 101: Oh Soy

6:00 – 7:30 PM

**West Springfield Big Y
503 Memorial Avenue**

Tofu, tempeh, edamame: Are you curious about these heart-healthy vegetable proteins? See how easy it is to prepare these tasty soy foods.



Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.